

## Sides/Crackers

- A: 1C whole grain flour  
1C flax seed meal  
1/4C sesame seeds  
2T psyllium husk  
2T hemp powder  
1T nutritional yeast  
1t garlic powder  
1t onion powder  
1t oregano  
1t Aleppo pepper  
1t salt  
1t black pepper, ground

- B: 2T olive oil  
1 1/2C water
1. Combine (A) in bowl and whisk to mix thoroughly.
  2. Add (B), mix to make a thick dough. Wrap in plastic wrap and refrigerate for at least 60 minutes.
  3. Divide into 2 balls, place on wax paper or silicone mat



*From the kitchen of David and Jennifer Deaven*

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4. Invert wax paper to transfer to lightly oiled baking sheet. Use a pizza cutter to score into rectangles or whatever shape you like.
  5. Bake 375F for 20 minutes. Remove any crackers that are browning, reduce heat to 280F and continue to cook until all crackers are crisp.
- Servings: 20

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